

Preliminary Summary Report on Regional Center
Discharge Follow-up System.
January 2005 to December 2005.

BACKGROUND

The Division of Behavioral Health Services has contracted with the University of Nebraska Medical Center (UNMC) Preventive and Societal Medicine. The purpose of the contract is to follow adult patients (age 18 years and older) who were discharged from regional centers starting January 1, 2005 using Nebraska Health and Human Services data. Using the data, UNMC prepares reports on the status of these discharged patients. The term of this Contract is from March 1, 2005 through May 31, 2006. The Objectives of the contract include

1. Develop a system to monitor the status of the patients released from regional centers. Included Regional Center Populations are adults (age 18 and older) who are served within the Regional Center Units to be downsized at Hastings and Norfolk as well as the Lincoln Regional Center Short Term Care Unit and Community Transition Program.
2. Create monthly, summary system, and ad-hoc reports based on information collected through the monitoring system.

The Nebraska Health and Human Services System transfers four data extracts to UNMC twice a month. These data extracts are from community mental health and substance abuse (Magellan), the three state psychiatric hospitals (AIMS/AVATAR), social service data (N-Focus) and the Medicaid Management Information System (MMIS).

SUMMARY REPORT ON REGIONAL CENTER DISCHARGE FOLLOW-UP SYSTEM

This is a Year-to-Date Report from January 1, 2005 through 31 December 31, 2005. The total number of consumers added to or exited from the follow-up system as of December 31, 2005 is 614.

Total Consumers in follow-up for prior month	572
Consumers added to follow-up during month	42
Total Followed for the Month (Unduplicated)	614

The consumer enters the Regional Center Discharge Follow-up System after being leaving the Regional Centers following a stay in one or more of the Behavioral Health Reform Units. The data reported here are unduplicated consumers discharged following stay in Behavioral Health Reform Units: Hastings Regional Center Residential Rehab (37), Lincoln Regional Center Short Term Care (STC) or Community Transition (CTP); or Norfolk Regional Center Geriatric Medical (1W), SPMI, Male (2E), SPMI, Mixed (3E), Transition / Rehabilitation (2W) or Admissions (3W).

In December 2005, there were 42 consumers added to the follow-up list. As a result, there were 614 (Unduplicated) in the Follow-up system at the end of December 2005.

There are some consumers who leave a Regional Center for a short period of time for medical or other service related reasons. So, when consumers are discharged with a status of 'DISCH/TRANS SHORT TERM HOSP' and readmitted within 7 days, they are not counted for this report.

Consumers Exit Follow-up System	
Consumers in follow-up exiting due to death	4
Consumers discharged out-of-state with no Nebraska service	22
Consumers with 'unknown' status**	33
Total Exiting Discharge Follow-up System	59
Total consumers in active follow-up at end of month	555

There are reasons for a consumer to be removed from the follow-up system. Unfortunately, based on the data reported through December 31, 2005, four individuals died. None were reported as suicide. There were also 22 discharged out-of-state with no Nebraska service. There are also consumers who are discharged to a Nebraska county with no record of service receipt for at least 90 days. Based on the reported data, there were 33 with an “unknown status” through December 31, 2005. After these changes are noted, there remains 555 consumers in the follow-up system.

Table 8. Number of consumers receiving Medicaid services following discharge Through January 31, 2005 (Year-to-Date Report)

Consumers receiving any Medicaid service	328
Consumers receiving no Medicaid service	286
total reported (Unduplicated Consumers)	614
Percent on Medicaid	53%

As of December 31, 2005, there were 328 (53%) consumers receiving one or more Medicaid services.

Table 11 - Statewide Summary of 180 day readmission rate through December 31, 2005 (Year-to-date Report).

As noted above, for the December 2005 report, there were 614 consumer in the follow-up system.

Of the individuals remaining in the discharge follow-up system, there were 69 (11.2%) who were readmitted after discharge between 0-180 days after discharge.

Multiple discharges

One discharge only	568	92.5%
Two discharges	40	6.5%
Three or more discharges	6	1.0%
total	614	100.0%

May 2, 2006